

SOL SXXOLOGY

COUPLE'S WORKBOOK

SEX & MENOPAUSE : LET'S RECONNECT

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01

INTRO : LET'S DISCUSS

Take the time to answer these questions together, after doing some research about menopause.

- What information surprised you about menopause?
- What did you already know ?
- How does it feel to learn about sexuality and menopause ?
- How has your opinion about menopause changed ?
- What can we change right now in our dynamic that will help us connect more?
- If there is one thing I could do differently to support you better, it would be...
- I feel most connected to you when...
- I love when you...

TAKE ACTION

**STEP 1:
IDENTIFY THE CHALLENGES**

**STEP 2:
DISCUSS OPENLY**

**STEP 3:
REDEFINE YOUR GOALS AND
MOTIVATIONS**

**STEP 4:
ADJUST TO MATCH TO YOUR
NEEDS AND DESIRES**

**STEP 5:
CHECK-IN WITH ONE ANOTHER
REGULARLY AND DON'T
HESITATE TO GO THROUGH ALL
THE STEPS AGAIN.
RELATIONSHIPS ARE ALWAYS
EVOLVING**



IDENTIFY

WHAT ARE YOUR BRAKES TO INTIMACY?

The sexual brakes are your turn offs. They are the things that turn on your sympathetic nervous system, making you feel unsafe. (eg : stress, bills, kids, unfinished tasks, negative body-image, body temperature, smells, mood, pain in the body, etc).

PARTNER 1

PARTNER 2

WHAT ARE YOUR ACCELERATORS TO INTIMACY?

The nervous system responds positively to certain stimuli and turns on the accelerators. Strongly linked with eroticism and sensuality (eg : smell, taste, touch, sexual fantasies, sounds, light, textures, clean environment, your partner's laugh, etc).

PARTNER 1

PARTNER 2

MORE TO IDENTIFY

- What are your perimenopausal symptoms ?
- Where do you struggle the most in the sexual response ? Why ?
- What's your relationship with your body ?
- What kind of sexuality do you want ?
- What do you seek to express in your sexuality ?
- How do you want to feel when you're being sexual ?
- Do you have erotic fantasies ? If yes, what are they ? If not, how come ?
- What are your needs ?
- What are your boundaries ?

PARTNER 1

PARTNER 2

DISCUSS

Rules

1. Schedule a moment with your partner.
2. Name that this discussion is to improve intimacy, not blaming. Use the “I” statement (*I feel (name emotions) when this situation happens*).
3. Mention what you’ve identified prior if you haven’t already.
4. Invite them to share their feelings on the situation (*How does that make you feel when I tell you this?*).
5. Discuss what to do next, what do you both want to focus on for now to feel connected.

CHALLENGES

PERIMENOPAUSE
SYMPTOMS

PARTNERS’ NEEDS

BRAKES

ACCELERATORS

REDEFINE

01

What do we want
in our sexuality?

02

What does
intimacy mean to
us ?

03

How do we want
to connect more ?

ADJUST

Based on what you've identified and discussed, what are the changes you can make in your life and in your relationship to help you connect more, build intimacy and reach more sexual satisfactions?

Examples

- Incorporate new ideas into your sex life (toys, touches, fantasies, mirror, breathing techniques, accessories, new sheets, new lights, new smells, music, films, positions, etc).
- Adjust your sexuality to what your body is telling you (use vaginal moisturizers, make the room colder, allow yourself to have some down time, adjust the positions to make it more comfortable, etc).
- Make some changes to your lifestyle (staying active, kegel exercises, healthy diet, managing stress levels, planning date nights, laughing more together, trying new things, etc).

BONUS

QUESTIONS THAT SPARKS CURIOSITY

Stay curious ; it's a small secret to longevity

WHAT'S
SOMETHING NEW
YOU'D LIKE TO
TRY TOGETHER?

WHEN DO YOU
FEEL MOST FREE?

WHAT'S A DREAM
YOU HAVE YOU
HAVEN'T SHARED
YET?

WHAT'S A TEXT
MESSAGE YOU
FANTASIZE
RECEIVING?

HOW DO YOU
FEEL LOVED
BEST?

THANK YOU FOR YOUR TRUST AND YOUR TIME...

If you enjoyed the the workbook, and you would like more support in your relationship, I offer 1:1 and couple sessions online. You can visit my website or message me directly at info@solsxxology.com to know more or to book a session with me.

Leave a review here, it
really helps small
businesses :)



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